

Talk it up and get out

Are you ready!



Let's Talk About Relationships



What are the different kinds of
relationships you have?

So...



What kind of relationships do you
want to talk about?

So...

- Wondering, is this what a relationship is supposed to be?
- Thinking about having a close relationship with someone?
- Do you wonder if that person thinks about you the same way?

Let's Talk About It

- Why do people want relationships?
 - Friends have a boyfriend or girlfriend
 - It is all movies talk about
 - To go to parties

Why do you want a relationship?

What We Know

- People want relationships
- People need relationships
- People want the people they care about to have loving relationships

What We Know



- Some people don't think people with disabilities have these feelings
- Some people with disabilities don't think it will happen for them

Why do they think this way?

Let's Talk About... Safety



- People worry about people with disabilities
- People with disabilities worry too
- There are real things to worry about

Let's Talk About It



**It is not easy to tell if
something is safe**

Being ready includes being safe

- Not all bad guys look like this
- They put on a different disguise



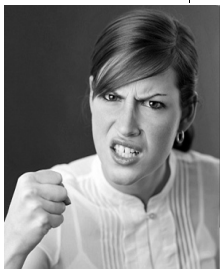
Someone who is trying to trick you might look like this

- He may look really cute and friendly
- He may try to be your buddy
- He will try to get you to leave your group
- He will ask you for your name and phone number
- He will complement you, so you let your guard down



Sometimes it is easy to tell

- You know to stay away from her
- Just back away slowly



Someone who is trying to trick you might look like this

- She acts like you are friends so you will trust her
- She will ask for help, to get you to go somewhere with her
- She will ask for money so she can get you to open your purse or billfold to still your money, ID and credit cards



What is a healthy relationship?

- Trust – **What does it mean to you?**
- Respect – **What does it mean to you?**

Believe – You don't have to hear it – Is it how you are treated.

- **What other things tell you a relationship is good and healthy?**



Healthy Relationships

Some of the hardest things to remember...

- Confidence – believe that you are valuable and worthy of being cared about
- You Know Yourself – You know when a relationship is good for you or not, because you know how you want to be treated and you know you don't want to be tricked.



What We Know



- People want relationships
- People need relationships
- People want people they care about to have loving relationships
- People with disabilities want these relationships too

Getting Ready



All of your relationships should have the things that are important to you

Getting Ready



- Talk it up to your family
- Talk it up to your friends
- Talk it up at your self advocacy group
- Not ready. That's ok too, it means you are trusting and respecting you
- Need a place to Talk It Up, join YAKKIT.org where people with disabilities are talking about this and all kinds of stuff
